

# October 2nd Journaling & Creativity

Ordinary & Happy  
O & H

## MORNING

Fall activities you're looking forward to.

## POSITIVE THOUGHT

People I want to reconnect  
with this month include...

## ONE - WORD

Transformation.

## INTRO - SPECTION

Qualities you have that you're proud of.

## GRATITUDE FOR PEOPLE

Someone whose resilience inspires you.

## GRATITUDE FOR PRESENT

Something you use in everyday life you often overlook.

## REST OF THE YEAR

A goal you want to revisit, not necessarily finish.

## SELF - CARE

Something simple that brought you joy recently.

## EVENING

Three things you're grateful for this week.

## DOODLE

Dachshund as Count  
Dracula.

## WATER - COLOR

Leaf turning from green to  
red.